

# Beetroot Hummus

As served by Sarah at a High Aspirations event

## INGREDIENTS

500g beetroot (about 2 large or 4 small)

3 tablespoons unhulled tahini

1 garlic clove

2 tablespoons olive oil

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

2 teaspoons ground cumin

1/2 teaspoon sea salt

Vegetables, cut into batons (carrots, celery, cucumber, asparagus, whatever you prefer)



## METHOD

Preheat oven to 180 degrees Celsius

Wrap the beetroot in foil and roast in the oven for 1.5—2hrs until tender. Set aside to cool. When cool enough to handle, peel and roughly chop.

Place the beetroot in the bowl of a food processor. Add the tahini, garlic, oil, lemon juice, vinegar, cumin and salt and process until smooth. Allow to cool completely before serving.

Serve in small bowls with the veggie batons.

